

## “The Best Posture is the Next Posture”



When your body stays in same position for long periods of time, the same muscles do all the work all the time. Circulation through your body can be impaired. In addition, you may incur imbalanced muscle development as a result of using only part of your body to work. Examples of muscle imbalance can be seen in people who hunch forward (the chest muscles may be stronger and more developed than the upper back muscles). To avoid this, move and use all of your body!

Here are some ways to ensure you change postures frequently at work:

- Move your phone so you have to get up and stand while speaking. If you stand at work, move your phone so you can sit during the conversation.
- If you have to type while you are on the phone use a speakerphone or get a headset. Do one simple stretch in between phone calls.
- If you are fortunate to have a sit-stand work surface, work in the standing position for a few minutes every half hour.
- Place your computer printer in a location where you have to stand up versus using awkward reaches to retrieve documents.
- If you have snacks or beverages at work, place them far enough away so you have to get up in order to reach them.
- If you work with multiple documents, such as file folders, place them on a desk behind you and only keep about 15 minutes of work around you at a time. That way you have to get up every 15 minutes to get your next set of work. You may also break up tasks: copy 15 minutes/type 30 min.....
- Place your references far enough from your desk so you have to stand and reach them. Do not place heavy binders and books on the shelf directly over your desk. You may be tempted to reach for these items while you are seated.
- Use rest break software: Coming to ESD and **free** for all LANL computer users within two weeks! The ergonomics web page will provide all the information on the software when it is up and running.